



**TOOLS  
OF THE  
MIND**

# Let's Pretend . . .

**Margaret Sullivan  
Barbara Wilder-Smith**





Are you ready to pretend?  
Let's go!



Close your eyes.

Now open them...





We're at the dentist!



Have you ever been to the dentist? Turn and tell a friend.



Dentists check your teeth, and help you take care of them. Today, I am going to get a check up.



Pretend you're the receptionist typing in the patient's information.

My mom checks in at the receptionist desk so they know we're here. She tells the receptionist my name, and gives her our insurance card. The receptionist types the numbers into her computer.



Then we sit in the waiting room. There are magazines to look at, and you can talk in a quiet voice. I see a girl waiting with her grandmother. Her grandma says, “Dr. Kim is very friendly. The first thing he will do is talk with you.”



At first, I feel a little nervous, but my mom goes in with me, and the dentist is friendly! First, he tells me all about teeth and what we will do today.





Do you know anyone who has lost a tooth? Turn and tell a friend.



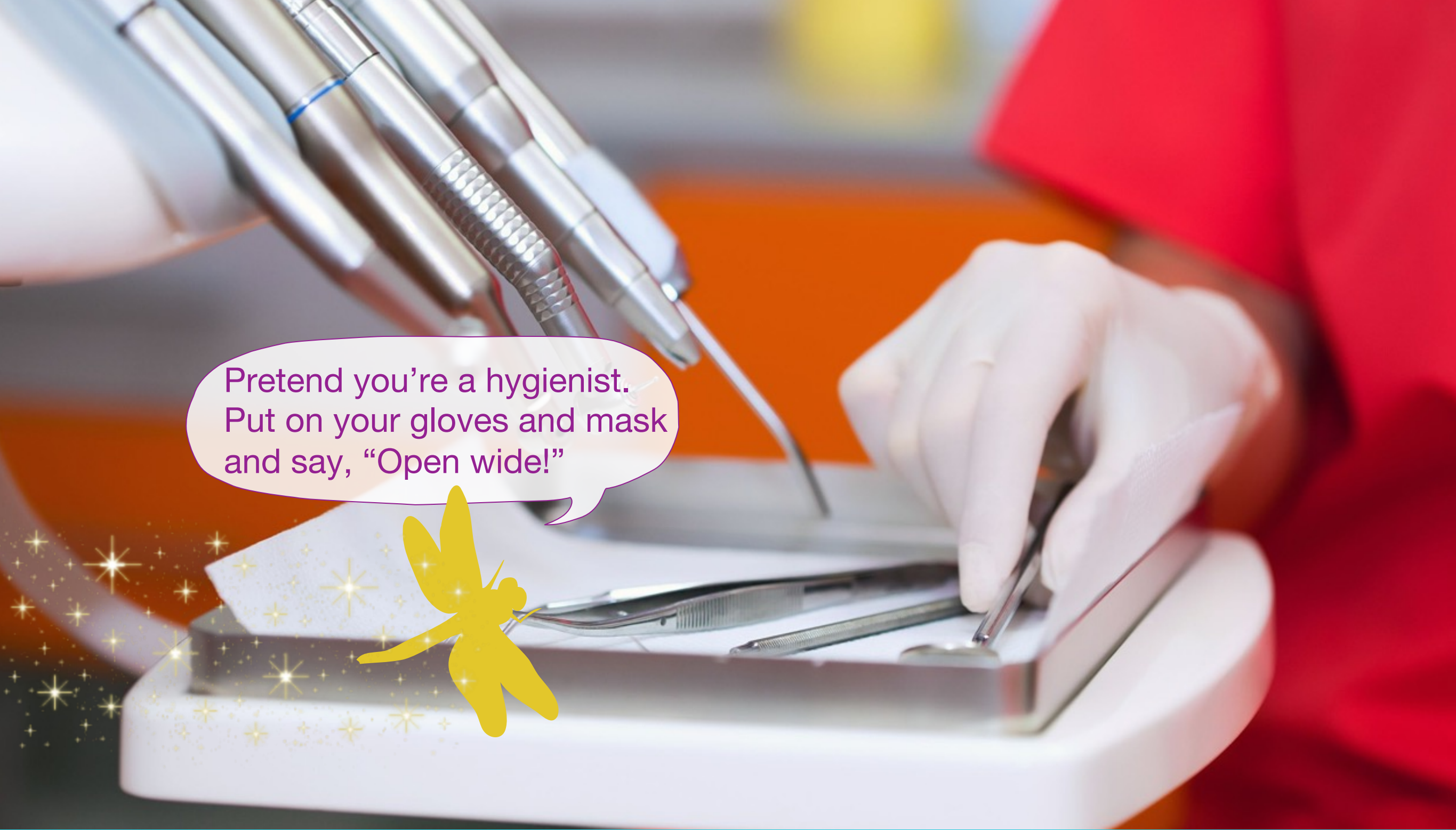
The dentist says, “When you are about 4 or 5-years-old, your baby teeth will start to fall out, and your grown-up teeth will come in.” I remember when my cousin’s tooth fell out!

The dentist shows me one of his fancy chairs. It can move up and down when he pushes a button. It tilts way back so he can easily see into your mouth.



First, I will see the hygienist. She works with the dentist. There are also assistants who help the dentist and hygienist. They hand them the tools they need, and help take care of the patients. Sometimes, they even hold your hand! The hygienist says, “Hi there! I am going to clean and polish your teeth. Then the dentist will check them to make sure they are all healthy.”





Pretend you're a hygienist.  
Put on your gloves and mask  
and say, "Open wide!"

The hygienist shows me her tools. She says, "I am wearing gloves and this mask over my mouth so I don't spread germs. My assistant cleaned my tools in a special machine so they're ready for you! I will use some of my tools to clean plaque off your teeth." Then she says, "Open wide!"



Pretend you're an assistant in a dentist's office who is helping a patient feel calm. What would you say and do?



The hygienist and her assistant lean over my face, and the bright light shines in my eyes. The assistant holds my hand and tells me I'm doing a great job. That helps me relax. They ask me questions like, "What's your favorite color?" It's a little hard to answer, though, because she has her cleaning tools in my mouth, so it sounds funny when I try to talk!



When my teeth are all clean, the dentist comes in for my checkup. He uses small mirrors so he can see in all the small spaces between my teeth. He says, “Open wide—now wider, wider, wider!”

I open so wide I start to laugh, and so does he! He was teasing me.

Pretend you are tilted back in a dentist's chair. Open wide—now wider, wider, wider!





Pretend with a partner:  
Take turns pretending to  
be the dentist holding a  
mirror, and a patient  
looking at your teeth.

The dentist shows me my teeth in a mirror and says, “Look at those clean teeth. They are beautiful! I’m going to teach you how to keep those teeth healthy.”






He says, “Brushing your teeth correctly is very important. You should brush like this two times a day. Take your time. It should take about 2 minutes each time. Make sure you get the back teeth. The grownups who take care of you can help you.”



Pretend to be the receptionist typing in the appointment date in your computer, and then write it on a card for the patient to take home.

On our way out, we stop at the receptionist's desk again. She says, "We will bill your insurance for today's visit. The dentist would like you to come back in 6 months. What day of the week is best for you to come in?" My mom says, "Wednesday is the best. We have no activities on that day."

A collection of seven toothbrushes in various colors (red, pink, purple, blue, teal, green) and a tube of toothpaste. The toothpaste tube is white with a red stripe and the word "toothpaste" printed on it. A yellow dragonfly is flying over the toothbrushes. A speech bubble contains the text "What color toothbrush would you choose? Turn and tell a friend." The background is white with a pattern of small yellow stars and crosses.

What color toothbrush would you choose? Turn and tell a friend.

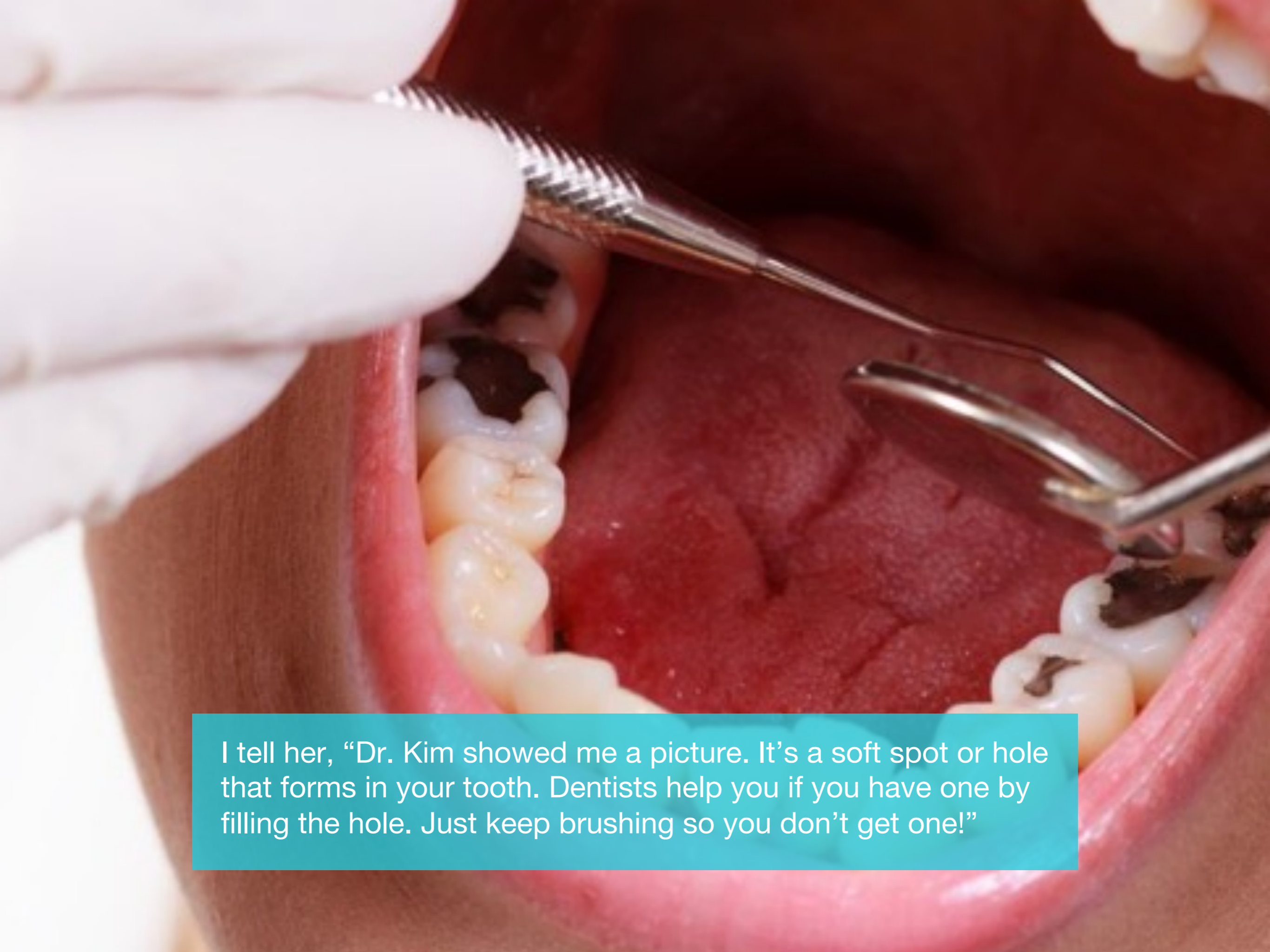
Then she hands me a bag with some smiling teeth on it. She gives me a small tube of toothpaste, and lets me pick a new toothbrush for myself, and one for each of my sisters, too! I think a long time about what color I want.



When I get home, I get a magnifying glass out of my science stuff. I say, “Look Grandma, the dentist says my teeth are beautiful! And I know how to brush correctly.”



After dinner, my sisters and I practice brushing for two minutes. It seems like a long time. I say, “When I see Dr. Kim again, I want to make sure I have no cavities.” My little sister says, “What’s a cavity?”

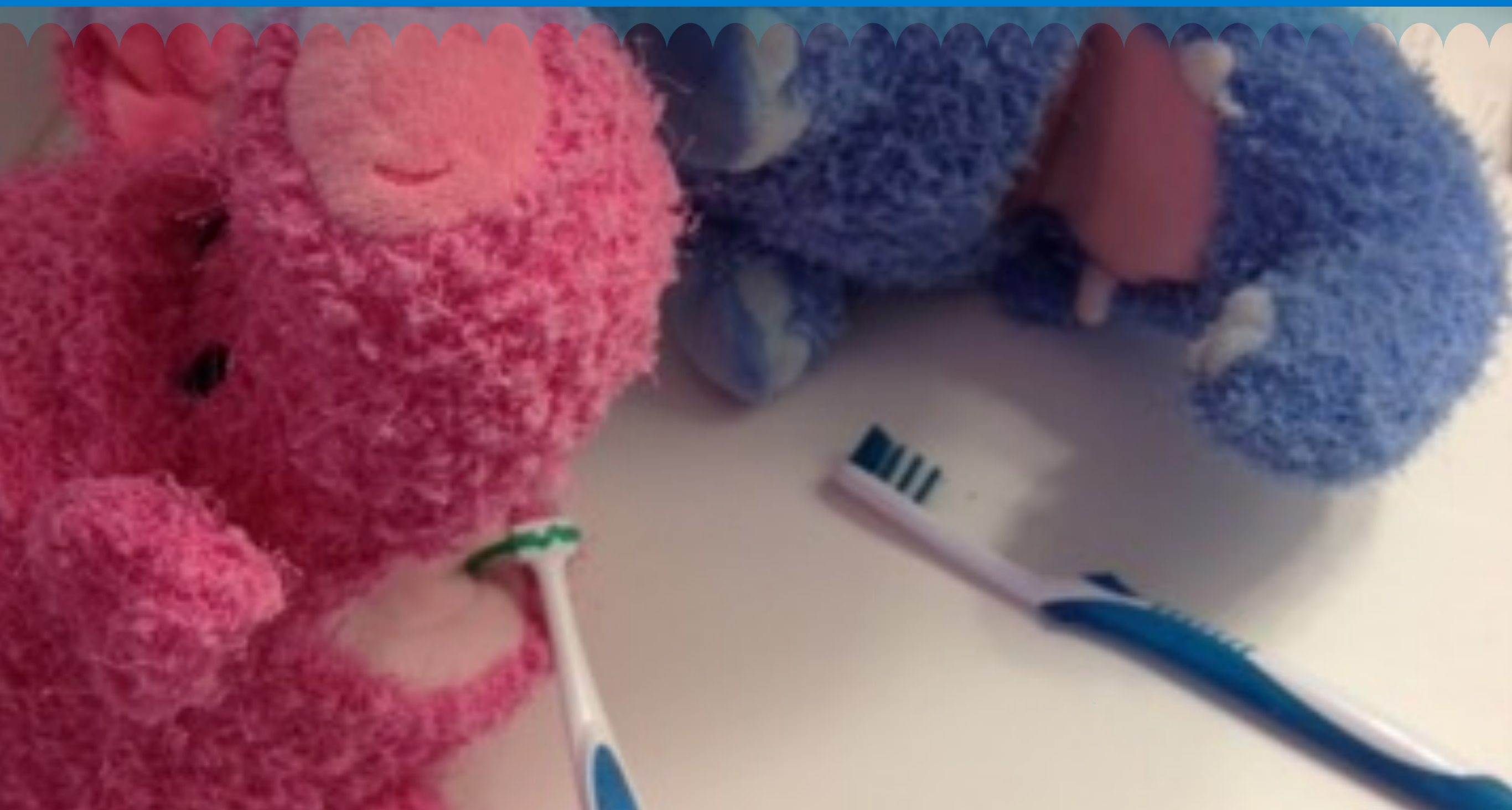


I tell her, “Dr. Kim showed me a picture. It’s a soft spot or hole that forms in your tooth. Dentists help you if you have one by filling the hole. Just keep brushing so you don’t get one!”



Pretend you are a parent who is proud of your child. What would you say and do to let your child know?

My mom told everyone in the family about my day at the dentist. She was proud of me. I think I might be a dentist when I grow up. I will be funny like Dr. Kim and help kids relax.



Before bed, I pretend I am the dentist with my stuffed animals. I say, “Open wide—wider, wider, wider!” My big sister pretends to clean their teeth. She is the hygienist. I tell my little sister she can be the assistant and hold the pig’s hand.



Now it's your turn to pretend and play dentist's office!





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**Tools of the Mind** is a research-based early childhood model combining teacher professional development with a comprehensive innovative curriculum that helps young children to develop the cognitive, social-emotional, self-regulatory, and foundational academic skills they need to succeed in school and beyond.

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Authors: Margaret Sullivan and Barb Wilder-Smith

Editor: Barb Wilder-Smith

Design: David Brooke

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